

## Abstract

A lower-body exercising device and method including a three-dimensional platform with a resilient means for providing a resistance-based workout while sitting at work, home or traveling is disclosed. Preferably, the invention is manufactured from a single piece of material, is designed to be wedge-like in shape, is compact in size so as to fit under a desk or table or airplane seat, and is constructed with springs or filled bladders that provides resistance to a pushing force by the user during manipulation. The invention can be manipulated by pressing the soles of the feet alternately into the device, or together in a “pumping” motion. Optionally, the device is covered in a plush, washable upholstery material, has textured surfaces, and/or includes heating elements.